

SHOULD I WEAR A FACE MASK?

- Are you sick with the flu and have close contact with others?
- Did you become ill with flu symptoms at work that resulted in your having to go home?
- Do you live with someone who now has the flu, and you need to be in a crowded place such as a grocery store, pharmacy line, or waiting room at the hospital?

*If you answered **YES** to any of the above, then you may want to consider wearing one.*

Should you choose to wear a facemask, remember the following:

- > Facemasks should only be worn by one person. <
- > Discard your Facemask when they look dirty, compromised or misshaped. <
- > If you have a history of breathing problems, or a heart or lung disease, discuss wearing a Facemask with your physician **before** wearing one. <

When illness is high in a community, close contact may be difficult to avoid. Studies have shown wearing a Facemask will help prevent the spread of infection to others. To protect yourself and your Family, we are providing Facemasks for you to use at your discretion.

For more information, go to www.pandemicflu.gov or www.stewart.army.mil.



Winn Army Community Hospital